



Summer Greetings

Newsletter:
Issue No. 5
June 2018

SERVICE DEVELOPMENT

4 of the IOM Parkinson's clinical services completed the Parkinson's UK 2017 National audit— medical, physiotherapy, occupational therapy and for the first time speech and language therapy. We have just received our individual reports and from these we are now working on action plans in response to the audit results.

Summary reports of this National audit are available on the Parkinson's UK website and a report for patients and carers on the quality of services across the UK will be available in July 2018.

AS A TEAM WE WANT TO ENSURE YOU GET THE BEST POSSIBLE CARE

We would welcome feedback from service users and carers on how we can improve things for people with Parkinson's on the Isle of Man.

If you need help or advice there are several ways to contact us

Susan Lawley Specialist Nurse

Tel: 01624 642676 Email: susan.lawley@gov.im



Graihagh Betteridge, Physiotherapist and Clare Collister, Occupational therapist via Community Adult Therapy Team Tel: 01624 642511

Website: www.gov.im/categories/health-and-wellbeing/therapy-services/



DID YOU KNOW WHEN YOU ARE DIAGNOSED WITH PARKINSON'S, YOU MUST TELL THE VEHICLE LICENCING AGENCY STRAIGHT AWAY?



ALSO, it is very important to let your insurance company know of any change in your health that may affect your ability to drive. It is a criminal offence to make a false statement or to withhold information in order to get motor insurance and it may also make your existing policy invalid.

BUT having Parkinson's doesn't necessarily mean you will have to stop driving.

For more information contact: The Vehicle and Driving Test Centre, Ballafletcher Road, Tromode, IM4 4QJ
Telephone: 1624 627431 or email EngTest@gov.im

Join us for a coffee on Friday 15th June at Mylchreest Court,
Douglas Road, Peel (next to QE2 school) 1.30 to 3.30pm

Many thanks to Fenella and Rob for arranging the venue.



RESEARCH NEWS FROM PARKINSON'S UK

29 May 2018

UK-wide trial to test treatment for balance, walking and falls

A trial to test whether drug treatment with a commonly prescribed dementia drug can improve balance and walking and help to prevent falls in people with Parkinson's. The new 3 year trial is due to start in early 2019.



Your chance to help shape the future of Parkinson's.

Parkinson's UK need your help and want to hear from people living with Parkinson's and their family and friends about what could transform life with the condition.

Visit parkinsons.commonplace.is to share what is most important to you, and find out more about the progress Parkinson's UK have already made.

Why not sign up Progress magazine, Parkinson's UK's twice yearly free magazine that keeps you up to date with all that's happening in Parkinson's research?

FOR MORE INFORMATION GO TO WWW.PARKINSONS.ORG.UK/CONTENT/RESEARCH
OR TELEPHONE 0808 800 0303

3 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Nearly half of all people with Parkinson's will experience depression or anxiety. These symptoms can be triggered by the stress of receiving a diagnosis like Parkinson's. But they can also be triggered by physical changes in the brain caused by the condition itself.

You should always speak to your GP, specialist or Parkinson's nurse about any mental health issues you are experiencing. But there are also a number of things you can do to help symptoms like anxiety and depression.

*** Exercise regularly ***

Research has shown that exercising 2 to 3 times a week, especially as part of a group, can help with depression. It can also boost your mood and help you sleep well.

There isn't a one-size-fits-all approach and the best exercise to do will depend on the way Parkinson's affects you.

*** Get creative ***

Research shows that creative activities boost wellbeing for people with Parkinson's. They can help you take control of Parkinson's and improve your confidence. What ever it is you enjoy, make sure you make time for it.

Some people also find that complementary therapies, such as aromatherapy, meditation and massage, can help with their mental health.

*** Connect with others ***

Support is available from the IOM Parkinson's Society, our "meet the team" coffee drop in sessions or for one-to-one support, Parkinson's UK has a free peer support service that puts you in touch with a trained volunteer who has a similar experience of Parkinson's to you - someone who understands.

The service is for people with Parkinson's and carers. Call 0808 800 0303 and ask for the peer support service.

Prefer the newsletter to be emailed to you? Send your email address to cats@gov.im
If you do not wish to receive future newsletters please ring 01624 642676

